

# Yoga for Breath and the Lymphatic System

Saturday, Sep 22, 2018 10am - 2pm

Cost \$60 (\$55 members)



**Join Dorothy as she continues teaching about the lymphatic system. She will lead participants through various therapeutic breathing techniques as taught by the Old Masters. The benefits include stimulation of the lymph nodes to rid the body of toxins. Breathing exercises will be combined with Classic Hatha Yoga postures and meditation to calm the mind and body which makes for a well-rounded workshop.**

Dorothy Robinson

*Dorothy was certified with Friedel Kattab's School of Yoga in 2004. In January 2017 she received her Senior Teacher designation with the Yoga Association of Alberta. Her education includes training in classical Hatha yoga: Okido, Wada and Nakamura systems of yoga, therapeutic breathing, pranayama (Dr. Gharote), mudra's, yoga for the lymphatic system, yoga off the old masters (Sivananda, Shyam Goswami), Swami Dev Murti and much more.*



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